

Cool Websites for Kids and Youth

General

Kids.Gov (General Services Administration)
<http://www.kids.gov/>

National Institute of Diabetes and Digestive and Kidney Diseases, Weight Control Information Network, Take Charge of Your Health: A Guide for Teenagers
http://win.niddk.nih.gov/publications/take_charge.htm

Scholastic Magazine, *GO! Healthy Living for Kids*
<http://www.nga.org/Files/pdf/0607GOHEALTHY.PDF>

Alcohol and Drugs

McGruff® and Scruff® Drug and Violence Prevention Story and Activity Website, U.S. Department of Health and Human Services, Indian Health Service
<http://www.ihs.gov/PublicInfo/Publications/McGruff/index.asp>

National Institute on Drug Abuse for Teens, NIDA
<http://teens.drugabuse.gov/>

The Cool Spot, National Institute on Alcohol Abuse and Alcoholism
<http://www.thecoolspot.gov/>

Too Smart To Start, SAMHSA
<http://www.toosmarttostart.samhsa.gov/youth/youth.aspx>

Dental Health

Nemours Foundation, Teen Diabetes Center
http://www.kidshealth.org/teen/centers/diabetes_center.html

Tennessee Department of Health, "For Kids" Dental Page
<http://www2.state.tn.us/health/oralhealth/activity.htm>

Diabetes

American Diabetes Association, *Welcome to the Youth Zone*
<http://www.diabetes.org/youthzone/youth-zone.jsp>

American Diabetes Association, *Wizdom Kit* - the kit of wit and wisdom for kids with diabetes (and their parents).

<http://www.diabetes.org/for-parents-and-kids/wizdom-kit-disclaimer.jsp>

National Diabetes Education Program, *Lower your Risk for Type 2 Diabetes – Fact Sheet for Kids*

http://www.ndep.nih.gov/diabetes/pubs/YouthTips_LowerRisk_Eng.pdf

Disability

Kids Quest on Disability and Health, Centers for Disease Control and Prevention,

<http://www.cdc.gov/ncbddd/kids/>

Fire Safety

Kids Fire Safety Tips

<http://www.kfst.net/>

Sparky the Fire Dog

<http://www.sparky.org/>

U.S Fire Administration for Kids-Good activities

<http://www.usfa.dhs.gov/kids/flash.shtm>

Environmental Health

Brain Teasers, Puzzles & Riddles, National Institute of Environmental Health Sciences, National Institutes of Health, Department of Health & Human Services

<http://www.niehs.nih.gov/kids/braint.htm>

National Institute of Environmental Health Sciences, NIEHS

<http://www.niehs.nih.gov/kids/home.htm>

For Girls Only

Girl Power, SAMHSA

<http://www.girlpower.gov/girlarea>

Girls Health, Office on Women's Health

<http://www.girlshealth.gov/>

Powerful Bones, Powerful Girls, Centers for Disease Control and Prevention

<http://www.cdc.gov/powerfulbones/>

Healthy Eating

Eat Smart. Play Hard™ for Kids

Food and Nutrition Service, USDA

Interactive healthy eating and physical activity experiences for kids from USDA's Food and Nutrition Service (FNS).

Kids Interactive Playground - FNIC

Food and Nutrition Information Center, NAL, USDA

Provides links to interactive tools and activities to help parents and children learn about their bodies and nutrition for growth.

Milk Matters: Kids' Page

National Institute of Child Health and Human Development, NIH, DHHS

Provides games and activities to help kids learn more about calcium and its importance for strong bones and healthy teeth. Learn how much calcium is needed daily and what foods contain calcium.

MyPyramid for Kids, Food and Nutrition Services, USDA

Developed to help motivate children 6-11 years old make healthy food choices and be physically active every day.

Nemours Foundation, Healthy Recipes for Kids,

<http://kidshealth.org/kid/recipes/>

SmallStep Kids!, Department of Health and Human Services

Games and other activities to help kids learn about healthy eating and physical activity.

U. S. Department of Agriculture, Fun Food Facts,

<http://content.fsa.usda.gov/FSAKIDS/>

Physical Activity

BAM! Body & Mind

<http://www.bam.gov>

Fitness for Kids (The President's Challenge)

http://www.presidentschallenge.org/home_kids.aspx

Nemours Foundation, *Why Exercise is Cool*

http://kidshealth.org/kid/stay_healthy/fit/work_it_out.html

VERB: It's What You Do, Centers for Disease Control and Prevention

<http://www.cdc.gov/youthcampaign/>

Sleep

Star Sleeper, (National Heart, Lung, and Blood Institute) Talks about the importance of sleep.

<http://www.nhlbi.nih.gov/health/public/sleep/starslp/index.htm>

Tobacco

A Smokefree Message from Christy Turlington

Join the Centers for Disease Control and Prevention (CDC) and cover model/student Christy Turlington in communicating a smoke-free message to teens in your school and community. With teen smoking rates still on the rise, we need your help to let students know the real deal about tobacco.

Facts You Should Know

If you're getting pressured by some people to start using tobacco, remember these facts and go ahead and say "No, thanks!" If you've already tried tobacco, take a look at these facts and you'll change your mind about what it's really like.

Interview with Boyz II Men

The Boyz talk about teen smoking and their new campaign to help teen quit, "Smokefree – It's the New Evolution."

SGR 4 Kids Magazine

The Surgeon General of the United States wrote this report to teach kids everywhere about the dangers of tobacco. You'll find all kinds of interesting facts and information here.

SLAM!

SLAM is a fifteen-minute video developed to help young people be more aware of the power and pervasiveness of cigarette advertising and to help them explore ways to resist the influences of the tobacco industry.

Teens and Tobacco: What's Really In?

You're educated, you're smart, and you're aware. Now find out what's really in that cigarette. You'll be surprised.

Tobacco Quiz - Test Your Tobacco IQ

Take the Tobacco Quiz and see how much you know about Tobacco...

What You(th) Should Know about Tobacco *Tip Sheet*

Why get trapped and waste your money on tobacco? Save your money and your life!

Your Top Smokefree Questions to Boyz II Men

Read the most frequently asked questions to the Boyz.